



5K Training Plan - 2017

Week	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Jan 1-7	easy walk or XT	10 min run	easy walk or XT	10 min run	easy walk or XT	OFF	.5-1 mile
2	Jan 8-14	easy walk or XT	10 min run	easy walk or XT	10 min run	easy walk or XT	OFF	.5-1 mile
3	Jan 15-21	easy walk or XT	15 min run	easy walk or XT	15 min run	easy walk or XT	OFF	1 mile
4	Jan 22-28	easy walk or XT	15 min run	easy walk or XT	15 min run	easy walk or XT	OFF	1 mile
5	Jan 29-Feb 4	easy walk or XT	20 min run	easy walk or XT	20 min run	easy walk or XT	OFF	1.5 miles
6	Feb 5-11	easy walk or XT	20 min run	easy walk or XT	20 min run	easy walk or XT	OFF	1.5 miles
7	Feb 12-18	easy walk or XT	25 min run	easy walk or XT	25 min run	easy walk or XT	OFF	2 miles
8	Feb 19-25	easy walk or XT	25 min run	easy walk or XT	25 min run	easy walk or XT	OFF	2 miles
9	Feb 26-Mar 4	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	2.5 miles
10	Mar 5-11	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	2.5 miles
11	Mar 12-18	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	3 miles
12	Mar 19-25	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	3 miles
13	Mar 26-Apr 1	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	3.5 miles
14	Apr 2-8	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	3.5 miles
15	Apr 9-15	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	4 miles
16	Apr 16-22	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	4 miles

17	Apr 23-29	easy walk or XT	30 min run	easy walk or XT	30 min run	easy walk or XT	OFF	5K Race
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